

POTATOES

AND HOW TO
COOK THEM



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POTATOES IN THE DIET.

Potatoes may be used in home-made bread to as high a proportion as fifty per cent. This fact should be of special interest in the farm home, where there is nearly always a large supply of potatoes. At a time when the use of substitutes for wheat in the home, as well as by bakers, is required by law, potatoes may well be used to do extra duty in the conservation of wheat flour.

The moisture-content in the potato remains after boiling; consequently, when mashed potatoes are used in bread, much less additional moisture is required than in the case of bread made entirely from cereals. As sixty per cent of the content of mashed potatoes is water, this fact must be taken into careful account in adding flour. Flour should be added until the dough is VERY stiff, and when the yeast begins its work, the moisture from the potato will be utilized and the risen bread will be found to be a light, soft dough.

Mashed potatoes may also be used in place of from one-third to one-half the usual amount of flour in making biscuits and rolls. In this case, too, allowance should be made for the moisture in the potatoes.

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POTATO RECIPES.

POTATO BREAD.

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| 1 lb. potatoes (boiled or mashed) | 1 ounce salt |
| 1 quart liquid (water or milk and water) | $\frac{1}{2}$ ounce yeast |
| 1 ounce sugar | 3 pounds flour. |

Boil the liquid. Add the yeast to $\frac{1}{4}$ cup of liquid, cooled to a lukewarm temperature. Dissolve the sugar and salt in the remainder of the liquid. When lukewarm, add the yeast and mashed potatoes. Beat well. Add the flour and knead thoroughly. Let rise until the dough has doubled in bulk. Mould into loaves. Let it rise again and bake.

POTATO LOAF.

(A splendid supper dish.)

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|--|--|
| 2 cups mashed potatoes | $\frac{1}{2}$ cup canned tomatoes or ripe tomatoes |
| 4 tablespoons minced onion | |
| 2 tablespoons green pepper or pimento pepper | 1 egg |
| | 1 teaspoon salt. |
| | $\frac{1}{3}$ cup ground peanuts. |

Mix the ingredients well and turn into a well-greased baking dish. Brush over with a little fat and bake in a moderate oven for 25 minutes.

POTATO BISCUIT

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|---------------------------|---------------------------|
| 2 cups sifted flour | 3 tablespoons shortening |
| 1 teaspoon salt. | 1 cup mashed potato |
| 3 teaspoons baking powder | Liquid sufficient to mix. |

Sift together twice, the flour, salt and baking powder. Cut or rub into this the cold shortening. In the same way rub into this flour mixture the mashed potato. Finally add just enough cold liquid to make the mass cling together. Do not knead. Place on floured board, roll until $\frac{1}{2}$ inch thick, and cut into rounds. Place these in lightly floured biscuit tins and bake 15 to 20 minutes in a moderately hot oven. Bake all potato breads more slowly than those made with flour alone.

POTATO BISCUIT.

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| $\frac{1}{2}$ yeast cake | $\frac{1}{2}$ tablespoon granulated sugar |
| 1 cup milk | 2 cups mashed potatoes |
| 2 cups flour | $\frac{1}{2}$ teaspoon salt |
| 1 egg | 1 level tablespoon butter. |

Bake and mash three or four large potatoes, enough to make one quart. Place in a bowl, and add the salt, sugar and butter. Take a cupful of the milk, heat until lukewarm, dissolve the yeast cake in it, and add enough flour to make a sponge—about half a cup. Set the sponge aside in a warm place, free from draught, to rise. Bring the balance of the milk to the boiling point and then add it to the potatoes, salt, sugar and butter. When the sponge has risen and dropped back,

add it to the potato mixture. Then add the egg, well beaten and the remainder of the flour, and mix all together thoroughly. Let rise in a warm place. Grease a baking dish and drop the mixture in spoonfuls, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.

POTATO ROLLS.

3 cups mashed potatoes	1 cake compressed yeast softened
4½ cups flour	in ¼ cup of luke warm water
3 teaspoons salt	¾ cup scalded milk
2 tablespoons corn syrup	2 tablespoons fat.

Add the scalded milk to the mashed potatoes, and when the mixture has cooled until it is lukewarm, add the yeast and other ingredients. Allow the dough to double its bulk. Work it down and let it rise until it has increased in size to about one-half. Then shape the rolls and let them rise until they are double in size and bake in a hot oven. This recipe will make three dozen rolls.

POTATO MUFFINS.

½ cup milk or equal parts milk and water	1 cup mashed potatoes
1 tablespoon fat	1½ cup flour
2 tablespoons corn syrup	1 teaspoon salt
1 egg	4 level teaspoons baking powder.

Add the liquid, melted fat, syrup and beaten egg to the potato. Sift the dry ingredients together and add to this mixture. The dough will be too stiff to mix with a spoon so will have to be mixed with a knife or fork. Bake about 30 minutes in a moderately hot oven. This will make from 12 to 16 muffins.

POTATO-CORNMEAL MUFFINS.

1 cup mashed potato	1 or 2 tablespoons syrup
1 cup corn meal	2 tablespoons shortening
½ cup sifted flour	1 or 2 eggs
1 teaspoon salt	Liquid to mix to a medium
3 teaspoons baking powder	batter (about ½ cup).

Add the corn meal, salt, syrup and ½ cup liquid to the hot mashed potato, place in double boiler and steam 10 to 30 minutes. Add the shortening and allow to cool thoroughly. When cold add the well-beaten eggs and the flour which has been sifted with the baking powder. Add just enough more liquid, if necessary, to make a somewhat stiff batter. Beat thoroughly, place in gem pans until half-filled, and bake 25 to 30 minutes in a moderately hot oven.

POTATO BISCUITS.

2 cups flour	1 teaspoon salt
1 cup mashed potato	3 tablespoons fat
3 teaspoons baking powder	Liquid to make a soft dough.

Sift the flour, baking powder and salt together. Work the fat into the flour. Add the mashed potatoes, then add the milk to make a soft dough. Roll out about one-half inch thick, cut with a biscuit cutter and bake 15 minutes in a quick oven.

POTATO PUFF.

2 cups mashed potato
1 egg separated
Salt and pepper.

2 tablespoons butter
 $\frac{3}{4}$ to 1 cup milk

Beat the egg yolk. Add it to the potato mixture and beat again, then fold in the egg white, stiffly beaten, and bake in a buttered dish until nicely browned.

STUFFED POTATOES.

Cut the top off the side of three baked potatoes. Give the potatoes a squeeze first. Scoop out the inside part and mash it with 1 tablespoon fat, pepper and salt and 2 tablespoons milk and beat until light. Refill, still leaving the top a little rough. Brown lightly in an oven.

The following may be mixed with the mashed potato in the recipe just given.

- a. Finely chopped cold meat.
- b. Finely minced parsley.
- c. A little grated onion.
- d. 1 egg to 1 cup mashed potatoes.
- e. The top may be sprinkled with a little grated cheese.

POTATO PIE CRUST.

$\frac{1}{2}$ lb. mashed potato
1 cup flour
 $\frac{1}{2}$ cup dripping

1 teaspoon each of baking powder
and salt
Milk or water to mix.

Mix the flour, salt and baking powder, but remember that if the potatoes were well salted when boiling less salt may be needed. Rub the dripping lightly into the flour, then work in the potato. Add sufficient liquid to form a stiff paste. Knead lightly and roll out about a quarter of an inch thick. Use it for any purpose for which the usual short crust is suitable.

POTATO SCONES.

$\frac{1}{2}$ lb. mashed potatoes
1 tablespoon flour
 $\frac{1}{2}$ teaspoon baking powder
1 egg

A little milk, if needed
Salt
Lard, or dripping for frying.

Mix the flour with the salt and baking powder. Work it thoroughly into the potatoes. Beat the egg until it is frothy, then add it to the potatoes and beat well. The mixture must be soft enough to spread slightly when put in the pan. Use either a griddle or a thick iron frying-pan, heat it, rub over with a small quantity of lard, and when just beginning to smoke, put in a small tablespoonful of the mixture. Fry it—not too quickly—until it is brown on one side, then turn it with a knife and brown the other. Spread each as finished with a little butter, pop them on a plate in the oven, and keep hot until all are ready, then serve them at once. Put as many at a time as possible in the pan.

HOT POTATO CAKES.

1 lb. mashed potatoes (cold)
 $\frac{1}{4}$ cup fine oatmeal
 $\frac{1}{4}$ cup barley flour
Water, if needed.

3 tablespoons fat
1 teaspoon salt
1 teaspoon baking powder

Mix well the flour, oatmeal, salt and baking powder. Work in the potatoes thoroughly, rub in the fat. Add just enough water to bind all stiffly, but the mixture must not crumble. Roll out the dough lightly to about a quarter of an inch in thickness, stamp out in rounds or squares. Place two rounds or squares together, and bake on a greased tin in a quick oven for about ten minutes, or until browned on each side. Then separate the cakes, put a small piece of butter in the middle, and send quickly to the table. Do not flour the board with wheat flour when making these, but use fine oatmeal or barley flour instead.

POTATO LUNCH OR SUPPER DISHES.

Potatoes can be used to advantage in a variety of substantial dishes for luncheon or supper, such as salads, scallops, chowders and purees.

POTATO STUFFING.

2 cups mashed potatoes	1 stalk celery finely minced, or
1 egg (beaten)	$\frac{1}{2}$ teaspoon celery salt
1 small onion finely minced	1 teaspoon salt
1 tablespoon fat	Pepper.

Mix the ingredients and use in place of ordinary bread stuffing.

A cake with one-half of the flour one would ordinarily use replaced by potato is made as follows:

CHOCOLATE POTATO CAKE.

$\frac{1}{4}$ cup butter or other fat	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 square chocolate
$\frac{3}{4}$ cup dry riced potato	3 teaspoons baking powder
1 egg	$\frac{3}{4}$ cup white flour
$\frac{1}{4}$ cup milk.	

Cream the butter, add the sugar gradually, then the well-beaten egg, and warm potatoes. Beat well. Sift the flour, salt and baking powder, then add to the first mixture with sufficient milk to make a cake dough. Bake about 35 minutes in a moderate oven.

POTATO COOKIES

2 cups sifted flour	3 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	1 egg well beaten
2 teaspoons baking powder	1 cup mashed potato.
$\frac{3}{4}$ cup brown sugar.	

Cream together the butter and sugar. To this add the well-beaten egg and the mashed potato (free from all lumps). Beat until smooth, then add the twice-sifted mixture of flour, salt, and baking powder. It will usually not be necessary to add any liquid. Mix until a dough is formed stiff enough to roll. Place on floured board, roll until about $\frac{1}{8}$ inch thick, cut into rounds and place on greased baking sheet. Bake 15 minutes in a moderately hot oven or until a delicate brown. Bake more slowly than ordinary wheat-flour cookies.

SCALLOPED POTATOES.

This dish may be made with either raw potatoes or cold boiled potatoes. Wash, pare and cut into thin slices. Grease well the sides and bottom of a baking dish. Put in a layer of potatoes, then sprinkle with salt and pepper and dust lightly with flour. Repeat until the dish is filled. Add hot milk until it may be seen through the top layer.

Then sprinkle cracker crumbs on the top and add a few pieces of fat. Bake slowly for $1\frac{1}{4}$ hours if raw potatoes were used. If cooked potatoes were used less time will be required in the oven.

POTATO WHISTLE.

Grease well the sides and bottom of an ordinary baking dish. Line it to a depth of one-half inch with mashed potatoes. Add to this a layer of well-minced, seasoned cooked meat. Cover with another layer of mashed potatoes and heat in the oven until the potatoes are brown on top. Vary this by using instead of the meat, canned salmon or any left-over fish, creamed codfish, smoked fish, chipped dried beef.

CHOWDER WITH POTATOES.

Slice raw potatoes into thin slices as for scalloped potatoes. Cook in boiling, salted water and drain. Cook also about one-third the quantity of sliced onion until done. Combine these with any left-over fish and add a small quantity of cream sauce.

POTATO WITH CHEESE.

Use cooked, cold, boiled potatoes. Cut into small dice and sprinkle with a little grated cheese and a very small quantity of cayenne pepper and salt. Repeat with two or three layers. Pour into this from one-half to three-quarters of a cup of milk and a little fat. Cover with buttered bread crumbs and cook in a slow oven for one-half hour.

POTATO WITH HARD BOILED EGG.

Mix together cold diced potatoes and hard boiled eggs chopped coarsely. Add a small quantity of cream sauce or white sauce. Cover the top with buttered crumbs and heat in the oven until the crumbs are brown.

POTATOES AND ONIONS.

Peel and slice thinly six large potatoes and place them in a stew pan. Slice a large onion thinly and add it to the potatoes together with pepper and salt, two tablespoons of fat and enough water to cover the mixture. Boil hard for three-quarters of an hour, when the potatoes should be tender and most of the water boiled off. In this case the water is not drained. The potatoes will be soft but delicious to the taste.

RAW POTATO PANCAKES.

Take two very large, or four medium-sized potatoes, and peel and grate. After grating put them through a fine sieve to remove the starch and water. Add two eggs, two tablespoons of whole wheat flour to which has been added half a teaspoon of baking powder, pepper and salt. Mix well and drop like any other batter, a spoonful at a time, and fry in very hot grease.

POTATOES BAKED IN HALF SHELL.

Bake the same as plain bake potatoes. Remove them from the oven, cut in half, lengthwise, and scoop out the inside, being careful not to break the jackets or shells. Mash the pulp, add a lump of butter, pepper and salt and a little milk and beat in an egg: Beat well with a fork and then refill the shells with the potatoes. Sprinkle the top with grated cheese or cracker crumbs. Set in the oven until the top is brown.

MEATLESS LOAF.

2 cups cooked peas, or beans, or lentils, or $\frac{1}{2}$ lb. chopped nuts or nut butter	1 egg 1 tablespoon fat $\frac{1}{2}$ teaspoon salt, or 1 teaspoon if rice is unsalted $\frac{1}{8}$ teaspoon paprica.
1 cup cooked rice	{ or substi- tutes as stated below.
1 cup bread crumbs	

Put peas or beans through sieve. Mix all ingredients well. Form into loaf and bake until brown, basting frequently with small amounts of liquid containing fat in the proportion of 1 tablespoon of fat to 1 cup water.

SUBSTITUTES FOR SOFT BREAD CRUMBS.

The same amount of Corn Flakes, or Rice Flakes, or Riced Potatoes; or $\frac{2}{3}$ the amount of Mashed Potato or Cooked Rice; or $\frac{1}{2}$ the amount of Cracker Crumbs or Dried Bread Crumbs. Any desired seasoning such as onion salt, grated onion, celery salt, tomato, etc., may be added.

CREAMED POTATOES.

Cut cold boiled potatoes into dice and reheat them in a white sauce.

CREAMED POTATOES WITH BREAD CRUMBS.

Put creamed potatoes into a greased baking dish; cover with buttered crumbs, and bake on the centre grate until the crumbs are brown. Vary by adding cheese to the sauce.

POTATO OMELET WITH CHEESE.

Prepare mashed potatoes. Turn them into a hot omelet pan greased with one tablespoon of fat, spread evenly. When they are heated throughout, grate over the surface cheese with a little red pepper and salt. As soon as the cheese becomes melted, turn the potatoes over as an omelet and serve hot.

POTATO SOUFFLES.

1 lb. floury mashed potatoes	1 oz. grated cheese
1 egg	1 teaspoonful of chopped parsley
2 tablespoons drippings	About 4 tablespoons milk
	Seasoning.

Melt the dripping in a saucepan, add the potato and parsley. Beat until very hot and light. Add the milk, yolk of egg and seasoning, and heat again. Beat the white of egg until it becomes a stiff froth. Stir it and part of the cheese into the potato very lightly, and put the mixture either into a greased pie-dish or scallop shells. Dust the surface with a little grated cheese. Set in a baking pan of hot water, and bake in the oven until lightly browned and puffed up. Serve at once. If the mixture is made too stiff, it will not rise well. Chopped fresh mint is by many preferred to parsley with potatoes. The dish, however, is good without either.

POTATO SOUP

2 cups hot riced or mashed potatoes	1½ teaspoons salt
1 quart milk	Celery salt
2 slices onion	Pepper
2 tablespoons fat	Cayenne
2 tablespoons flour (rice flour or corn flour)	1 teaspoon chopped parsley.

Melt the fat, add to it the flour and seasonings, stirring the mixture until smooth. Add gradually to this, one cup of milk and boil for one minute. Add the potato, mix thoroughly, then add the rest of the milk and the slice of onion. Heat to boiling. Remove the onion, strain the soup if necessary, add the parsley and serve. Water saved from cooking celery is a good addition to potato soup. Two cups of tomato juice and $\frac{1}{8}$ teaspoon of soda may be substituted for two cups of milk.

POTATO AND CABBAGE PUREE

Cook and mash well some potatoes. Add to them a little sweet milk and beat well. Then mix with this some cabbage which has been cut finely, cooked, drained and seasoned. Serve as vegetable with meat.

HOT POTATO CAKES

1 lb. mashed potatoes (cold)	3 tablespoons fat
$\frac{1}{4}$ cup fine oatmeal	1 teaspoon each of salt and baking powder
$\frac{1}{4}$ cup barley flour	Water if needed.

Well mix the flour, oatmeal, salt and baking powder. Work in the potatoes thoroughly, rub in the fat. Add just enough water to bind all stiffly, but it must not crumble. Roll out the dough lightly to about a quarter of an inch in thickness, stamp out in rounds or squares, place two rounds or squares together, and bake on a greased tin in a quick oven for about ten minutes, or till browned on each side. Then separate the cakes, put a scrap of butter in the middle, and send quickly to the table. Do not flour your board with wheat flour when making these, but use fine oatmeal or barley flour instead.

POTATO PUDDING

This uses no wheat flour.

1½ cups mashed potatoes	$\frac{1}{4}$ teaspoon salt
2 tablespoons fat	$\frac{1}{2}$ lemon (juice and rind)
2 eggs well beaten	1 tablespoon sugar
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup raisins and nut meats.

Boil potatoes, mash, and add fat, eggs, milk, lemon juice, grated peel and sugar. Beat all ingredients together and baked in greased dish $\frac{3}{4}$ hour or longer. Serve with top milk.

POTATO AND NUT LOAF

3 cups mashed potatoes, season with peanut butter—1 cup Nut Meats, oil a pan, dust thickly with whole wheat crumbs. Bake half hour, serve with creamed onions, String Beans, Cheese sauce or Stewed Corn.

BELGIAN BAKED POTATOES

Wash, pare, and cut into pieces as for French fried potatoes. Lay potatoes on an oiled pan, season with salt and pepper and bake in a fairly hot oven until puffed, golden brown and mealy.

HUNGARIAN POTATOES

1 quart cooked potatoes	2 cups tomatoes
3 tablespoons fat	1 teaspoon salt
1 tablespoon chopped onion	$\frac{1}{4}$ teaspoon paprika.
2 tablespoons parsley	

Brown onion slightly in fat and add to diced potatoes. Add remaining ingredients except parsley to potatoes and put in greased pan. Bake covered in a moderate oven 45 minutes. Sprinkle top with chopped parsley and serve.

FRANCONIA POTATOES

Parboil potatoes for ten minutes. Remove the skins and place the potatoes on a roasting rack with meat. Bake until the potatoes are soft, or for about forty minutes, basting them occasionally. These can be prepared without the meat, by using fat for basting.

HONGROISE POTATOES

Wash, pare and cut into $\frac{1}{2}$ inch cubes enough potatoes to fill 2 cups, cover with boiling salted water and parboil 3 minutes, drain, add 2 tablespoons fat and cook slowly until tender and slightly browned. Make a cup of white sauce using 2 tablespoons flour. Add a few drops onion juice if desired, then add slowly the beaten yolk of 1 egg. Pour this over the potato cubes, add 1 tablespoon finely chopped parsley, and serve.

CREAMED MEAT POTATOES

2 lbs. fresh or left-over Meats	Salt
4 lbs. Potatoes	Red Pepper
1 medium sized Onion	1 Pint milk.
	Barley flour.

If the meat is fresh, boil until nearly cooked, then cut into small pieces. Boil the potatoes, after cutting them into cubes. Mix the two and boil until nearly cooked.

Fry the onion a deep brown, make a dressing of the milk and barley flour, and brown in the onion dressing. Mix this dressing with the meat and potatoes, heat and serve.

Serve with corn bread and celery, lettuce, or any other vegetable.

SALADS.

POTATO SALAD.

Boil six large potatoes in their jackets. When cold remove the skin and cut into small cubes. Cut one stalk of celery into small pieces and add it to the potatoes. Grate in an onion. Mix with two cups of boiled salad dressing. Arrange on a platter garnished with parsley or water cress.

COOKED DRESSING.

1 teaspoon salt	2 egg yolks
1 teaspoon mustard	$1\frac{1}{2}$ tablespoons melted butter or
cayenne	butter substitute
$\frac{3}{4}$ tablespoon cornstarch	$\frac{1}{2}$ cup milk.
3 tablespoons vinegar.	

Mix the dry ingredients. Add very slowly the yolks of the eggs slightly beaten and the butter or butter substitute, milk and vinegar. Cook over hot water until the mixture thickens. Strain and cool.

POTATOES

Purchasing, Storing and Growing

An extra serving of potatoes at dinner will save wheat and help to increase the quantity Canada may ship overseas.

Potatoes should be purchased by the bag and not by the peck or half peck or in small measure. The latter method increases the cost from 20% to 30. %

A great loss occurs each year through careless storage. See that your storeroom is dry, cool, well ventilated and kept dark. If potatoes are stored in bins in the cellar, the bins should be built at least six inches away from the wall in order to prevent injury by frost. Many potatoes stored in cellars which were considered frost proof were lost last year because of the lack of air space between the cellar wall and the bin.

If you are growing your own potatoes be sure to secure the best possible seed as the same amount of labour is required in the planting and cultivation of poor seed as is required with selected seed. Consult the local Department of Agriculture as to varieties best suited to your district, and as to approved methods of cultivation.

RECIPE BOOKLETS

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